Промінь
Promin

Сестра Лесі Українки

Lesia Ukrainka's Sister

Відродження Оселі Барвінок

Renaissance of Camp Bar-V-nok

Віра Сенчук закінчує проект

Vera Senchuk in Saskatoon

PROMIN

Союз Українок Канади

60 Years

Союз Українок Канади

February/March 2020 Issue

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Виходить що другого місяця,
видає
СОЮЗ УКРАЇНОК КАНАДИ
Рік LX
лютий - березень, 2020 р.

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Canada

ПРОМІНЬ 60 Років

Leona Bridges
Editor

Дорогі Читачі! Української Мови!

Щасливого Нового Року! 2020-ий рік це—шістдесятий ювілей журналу "Променя". Він був заснований 1960-го року Наталею Когуською та Редакційною Комісією Союзу Українок Канади.

Мені було сумно чути недавно, що членки Союзу покинули свою передплату, бо вважають, що в цьому журналі є надто мало української мови й більше не хочуть його читати. Шкода, що ці особи ніколи не повідомили редакцію про недостачі. Шкода, що наші членки, які вміють писати по-українськи, не пишуть до свого журналу!

Через останніх шість років, про те, що я знаю, ніхто з наших українсько-канадських авторків не зголосилася написати будьщо по-українському що два місяці для читачів "Променя". Чи в нас вже немає таких осіб?

Читачі наші цікавляться вишивками, вирощуванням рослин, українськими традиціями, модою, тощо. Хто напише цікаву статтю або, навіть краще, статтю що два місяці, на цих темах?

Я вас запрошую до участи! Навіть ми старші люди ще вміємо писати або друкувати або розповідати комусь. А молодші хай записують те, що ми кажемо, або хай накручують на своєму "смартфоні"! Вишлімо ці тексти та реєстрації до "Променя". Зробимо внесок у збереженню української мови.

Мої батьки народилися в Канаді. І мені не легко писати по-українськи. Але я стараюся. І Ви, будь ласка, постарайтеся. Хто нам збереже українську мову? Бідна наша русіфікована Україна? Хай Бог її поможе! Складаю подяку авторам України, які часто висилають мені свої тексти—Олі Бежук, Маргариті Іванові Ґросс та Робертові Ґросс. Ці свіжі матеріали дуже цінні.

Бажаю всім багато енергії та захоплення говорити й писати по-українському в Новому Році!

Леона Фарина Бриджес

Front Cover:

Promin 60th Anniversary Logo

Back Cover:

Additional installation photos from Vera Senchuk - See Artist in the Spotlight for full article.

Dear Betty,
Our Hamilton Branch UWAC Lesia Ukrainka, held its annual meeting yesterday. As always, I take the opportunity to mention and promote Promin. Two of our members are having an issue and I wonder if you could assist. Thank you very much for your assistance, especially at this busy time of the year.
On a personal note, I was not aware you ran a flower shop and greenhouse. I love my indoor flowers, but some of my favourites are difficult. I just killed my cyclamen. It was such a beautiful bloom ... And then ... I put the pot to soak in water, let it drain when the soil was wet, and then it wilted. I know you are a very busy lady, but it would be nice if you would think about writing an article in Promin on specific plants and how to care for them successfully and get them to rebloom. My examples would be cyclamen, poinsettias, orchids.
One of my Promin ladies told me she was not renewing her subscription. It is hard for her to read English and she finds there is no longer enough Ukrainian for her to warrant a subscription. I do have a couple of members in the same position. For the majority the opposite is true.
Best wishes,

Eroslava Evanetz, President, UWAC Lesia Ukrainka, Hamilton, ON

Dear Eroslava,
Cyclamen is very difficult to get to rebloom without greenhouse conditions. Don't beat yourself up about this. They are really meant to be "disposable" plants. New blooms are likely to be smaller than when you first got the plant. Light conditions in Canada make it difficult to get many indoor plants to perform the way they do when you get them. Short days, long nights..... Cyclamen like to be on the warm side.
Likewise with poinsettias, easy to grow, but difficult to get to turn red without the correct amount of light and dark while they are setting up for colour change. They are native to Mexico where day and night is the same length. Some of my clients successfully get them to change colour by putting them in a closet in the fall, but it is really not worth the effort. If you keep them until bedding-out season in the spring, you can put them outside for the summer and they may provide a nice green display.
Orchids will rebloom, but usually just twice a year, which is great, since the blooms last so long anyway. I'm a florist really, not a botanist, so I'm not sure I'm qualified to write about this. I could research and share something perhaps.
I'm copying Leona Bridges, our editor, on this email as she will be interested in your observations regarding language and subscriptions.

Betty Corlett, Promin Administrator

Dear Betty,
I was in Toronto to see Warren Sulatycky's film—*April in Autumn.* I loved its gentle family theme. Rather than being a Hollywoodian film, it is more European with a little mystery. I think you might find it on the web. It was filmed in Toronto, so being there and seeing it in autumn with all the fall colours was perfect! Warren sat with us in the theatre. He has taken the film to 15 countries and was recently in Bulgaria. Two years ago, the film was selected for the Cannes Festival.
It will be shown across Canada in the near future. I hope you get to see it. Hugs,

Zora Jackson, Ottawa, ON

Editor's Note: The film was shown in Montreal, Vancouver and Calgary in December, 2019. The showings in Calgary were extended until January 2, 2020.

Dear Sir or Madam:
Please accept this donation to the Promin Press Fund from the Lesya Ukrainka Branch of the UWAC, Holy Trinity Cathedral, Winnipeg, MB. We are also sending a donation in memory of our members, who passed away in 2019: Effie Salamon, Zena Bohonos, Mary Maruchuk and Helen Romaniuk. May their memories be eternal!
Wishing you and everyone a peaceful and blessed Christmas,

Edna Achtemichuk, Promin Convenor, Winnipeg, MB

СЛУХАЄМО СВОЇХ ЧИТАЧІВ!

Dear Leona, Betty and Dobr. Erin,
What an informative, interesting and enjoyable article you had on Polish Christina Poddubiuk! Both my husband and I enjoyed it thoroughly and are looking forward to learning even more from other such well-researched work.
I was wondering about the name—Poddubiuk. Could there possibly have been a Ukrainian breeze blowing around somewhere?
Today, I'm enclosing a donation in memory of a lovely woman from our Hamilton parish, Angeline Blaschuk. I miss her bright smile and friendly company.
Again, congratulations on your research of one woman's remarkable career. To think that we'd probably seen some of her creations for the Shaw Festival at Niagara-on-the-Lake, I didn't even realize it!
We are sending you a Christmas wish for happiness to bless your soul and fill you with heavenly joy! During this festive season, may you and your families be blessed with the best of health and the happiest of times.
Sincerely,

Eugenia Maleschuk Powers,
Hamilton, ON

Dear Promin,
Please accept this donation from the UWAC Olha Kobylianska Branch, Saskatoon, SK. It is our sincere hope that this donation will assist you with your projects in the coming year.
Sincerely,

Tania Maximiuk, Treasurer,
Saskatoon, SK

Dear Promin,
Enclosed is a donation commemorating the first anniversary of the death of Natalka Melnychuk of Edmonton, AB. Born February 25, 1925, Natalka passed away on November 16, 2018. Promin was dear to her heart and she enjoyed receiving it every month.
Natalka was very active in the Ukrainian Orthodox community. She was a member of St. John's Cathedral in Edmonton from 1946 and became an Honourary member in 1987. She taught Sunday School, sang in the Cathedral Choir and served as corresponding secretary on the Church Board. Natalka was a Junior CYMK and Senior CYMK advisor, as well as chairperson of the CYMK Choir Advisory Board.
Her most active membership, however, was with the Ukrainian Women's Association of Canada, St. John's Branch. Here, she held many executive positions and served on several committees over the years. She was also involved on the Alberta Provincial Executive. Natalka became an Honourary member of the UWAC in 1996 and, in 2017, was honoured with a 70th Anniversary pin.
Natalka was blessed with a large extended family, which included five daughters, twelve grandchildren and sixteen great-grandchildren. She is missed every day by her family. Rest in peace, Mama. Вічна їй пам'ять!

Joanne Melnychuk, Daughter,
Edmonton, AB

Dear Leona,
Enclosed is a donation in memory of Adolphe Wenger. He so enjoyed reading Promin with me, usually before I got my hands on it!
Congratulations to you and your staff for an excellent publication. Merry Christmas to All,

Marusia Wenger,
St. Leonard, QC

Slava Bohu!
We enclose a donation in memory of Anna Zwozdesky and Dobr. Avis Maranchuk—may they rest in peace. Memory eternal! Вічная пам'ять! Blessings of the season! Keep up the great work.

Andrew and Claudia Serray,
Winnipeg, MB

To Promin,
Love reading this magazine and all the interesting articles. Keep up the good work!

Diana Jurychuk,
Burlington, ON

Keep up the interesting reading!

Alice Mees,
Port Perry, ON

Do you have something to say? We look forward to hearing from you!

bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

UWAC National President

Darcia Moskaluk-Rutkay
President

MESSAGE FROM NATIONAL PRESIDENT, DARCIA MOSKALUK-RUTKAY

"Вгамуйтесь та знайте, що Бог Я,
піднесусь між народами, піднесусь на землі"
псалом 45 (46):11
"Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth!" psalms 46:10.

Know these words. Embrace them for comfort, as our world and its leaders change.

The oldest women's organization in Canada is the Ukrainian Women's Association of Canada. It is the only such organization that surveys its member branches annually. Women around th[e] world have wondered how we do this and are impressed by the information gathered thereby. Our intuitive sisters of the past had such foresight in establishing the annual "anketa"!

By the end of January, 2020 The "Anketa 2020" (Branch Questionnaire) will have been distributed electronically or a hard copy will have been mailed to your branch. You will also be able to download a copy from the UWAC website and view the instructions online. Please keep in mind that the Anketa submission deadline is April 1, 2020.

Of particular importance is an accurate, alpha order list of your 2019 branch members, including names, land and email addresses, and phone numbers for our records. All of these forms are to be sent to the National Office and a copy to your Provincial office.

We continue to work on our website to enable an enhanced communications platform available to members across the country.

Ми є беригині нашої церкви, за те я вам даю знати за наші церковні справи.

The following events are coming in 2020:

UOCC XXIVth / 24th Sobor July 15th –19th, 2020
Winnipeg at The CanadInns Polo Park.

Schedule as follows:
Tues July 14th — gathering of consistory board members, clergy and families
Wed July 15th — All Canada clergy conference and gathering of delegates & guests Welcoming reception.
Thurs July 16th though Sat July 18th — Sobor (sessions)
Sun July 19th — Hierarchical Divine Liturgy and departure

Great Lent begins March 2, 2020. As Orthodox Christians, it is our obligation to prepare. We should concentrate on our spiritual cleansing, not so much about what we put into our mouths, but more about what comes out of our mouths.

Коли денне світло стає довшим, а темрява ночі стає коротшою, ми передбачаємо прихід весни. У цьому ми можемо бути впевнені. Темрява зменшиться, а денне світло буде панувати. "Вгамуйтесь та знайте, що Бог Я...."

As daylight becomes longer and the darkness of night becomes shorter, we anticipate the coming of spring. Of this we can be sure. Darkness will diminish and daylight will prevail. "Be silent and know that I am God..."

Your Humble Sister in Christ,
Darcia Moskaluk-Rutkay
Одарка Москалюк-Руткай

DONATIONS

REMINDER

Don't forget to send in your Easter Greetings for the April-May issue!

DEADLINES

Please note that the deadline for submissions for our **April - May** issue is

February 20, 2020

Upcoming submission deadlines are:
Apr - May issue - February 20, 2020
Jun - Jul issue - April 20, 2020
Aug - Sept issue - June 20, 2019

For more information contact:
bridgesl@telus.net
780-619-4416 (mobile)

Donations

• Jurychuk, Diana, Burlington, ON	$ 20.00
• Labach, Vera, Saskatoon, SK	$ 25.00
• Tokarik, Caroline, Kelowna, BC	$ 45.00
• UWAC Lesya Ukrainka Branch, Holy Trinity Cathedral, Winnipeg, MB	$ 250.00
• UWAC, Olha Kobylianska Branch, Saskatoon, SK	$ 500.00
• Zacherniuk, Olena, Edmonton, AB	$ 20.00
• Zenchyshyn, Anna, Swan River, MB	$ 20.00

Donations in Memory of...

- Andrulis, Halyna, Waterloo, ON — $ 20.00
  In memory of mother Orysia Gudzowsky
- Demczuk, V. Rev. Bohdan, Saskatoon, SK — $ 150.00
  In memory of Maria and Alex Makarenko and Dobr. Olya Demchuk
- Holden, Marie, Edmonton, AB — $ 100.00
  In memory of mother, Malania Dutchak, sisters Olga Chornoluk and Rose Chornoluk, nieces Mary Ann Euchuk, Faith Alexandra Mos
- Kolotyluk, Patricia, St. Albert, AB — $ 25.00
  In memory of mother Anne Proniuk and sister Dianne Fyk
- Koszarycz, Marusia, Calgary, AB — $ 100.00
  In memory of Baba Mary Shwaikowsky (Roblin, MB), Baba Anne Kryschuk (Fedorah, AB) and Mama Dobr. Nadia Kryschuk (Edmonton, AB)
- Maleschok Powers, Eugenia, Hamilton, ON — $ 200.00
  In memory of Angeline Blaschuk
- Melnychuk, Joanne, Edmonton, AB — $ 100.00
  In memory of Mama Natalka Melnychuk, reposed 2018
- Sametz-Chewchuk, Slavka, Westport, ON — $ 100.00
  In memory of grandmothers and former UWAC members, Dobr. Katherine Sametz and Mrs. Katherine Kulchyk
- Serray, Andrew and Claudia, Winnipeg, MB — $ 60.00
  In memory of Anna Zwozdesky and Dobr. Avis Maranchuk
- Sugden, Nathalia, Palgrave, ON — $ 100.00
  In memory of parents Petro and Maria Shevchuk and sister Vera Shevchuk
- UWAC Lesya Ukrainka Branch, Holy Trinity Cathedral, Winnipeg, MB — $ 100.00
  In memory of Effie Salamon (d. Jan. 20, 2019), Zena Bohonos (d. Mar. 13, 2019), Mary Maruchuk (d. April 12, 2019) and Helen Romaniuk (d. June 23, 2019)
- UWAC, St. Michael, Edmonton, AB — $ 50.00
  In memory of Maria Zynych
- UWAC, St. Georges UOC, Dauphin, MB — $ 30.00
  In memory of Ollie Kiz
- UWAC, Olena Pchilka Branch, North Battleford, SK — $ 50.00
  *In memory of Elsie Pluta (65+ year member in Redfield and North Battleford)
- Wenger, Marusia, St. Leonard, QC — $ 200.00
  In memory of husband Adolphe Wenger (1935-2019)

May their Memories be eternal. Вічная пам'ять!

**Editor's Note: Our apologies for misprinting Elsie's last name (Pluta) in the Dec/Jan 2019 issue of Promin. The donation in memoriam appears again here as corrected.*

DONATIONS

• ОСЕЛЯ БАРВІНОК •

CAMP BAR-V-NOK

UKRAINIAN ORTHODOX SUMMER CAMP

Camp Bar-V-nok Society
Message from the President

Editor's Note: Camp Bar-V-Nok has been revitalized. Promin has not featured a report from the Camp in many years and is pleased to do so now.

On behalf of the Camp Bar-V-Nok Society I would like to welcome you to our organization. The origins of this society began in the summer of 2016 with a number of people who were involved in the summer programming of Camp Bar-V-Nok and discussed the possibilities of creating an organization that would be able to assist in this responsibility. The facility of Camp Bar-V-Nok was closed and a few people raised concern and felt that re-opening the camp was important to the Ukrainian Orthodox family of organizations. In early 2017, the Camp Bar-V-Nok Society came into existence to do just that. The goal of having this Ukrainian Orthodox treasure re-established became a passion and, by gathering other organizations to rally together, we were able to re-vitalize Bar-V-Nok to where it is today.

The main objective of the society is to work in conjunction with St. John's Institute and focus on maintaining and managing the property. Besides maintaining this wonderful lakeside location, the Camp Bar-V-Nok Society is responsible for providing quality programming and educational services to the Ukrainian Orthodox faith. Camp Bar-V-Nok is more than just a summer camp program for children. It is an important part of the missionary work of the Ukrainian Orthodox Church of Canada. Camp provides opportunities for families to come together in faith, establishing important relationships within the community as well as important ties to Ukrainian culture.

We would not be able to continue without the invaluable support of our many volunteers who keep Camp Bar-V-Nok alive. The passion that Camp Bar-V-Nok families share goes back to the 1950's when Camp Bar-V-Nok was first created. I would like to thank everyone who has taken time to volunteer both recently and over the past few decades. The massive efforts in providing

the needed yard work, cleaning, cooking, teaching, fixing, painting and building, etc. have been put forth thanks to kind donations of time. The time that has been given has no price tag; it is time gifted to the Ukrainian Orthodox community from busy lives. This donation of time has been particularly effective in realizing the dream camp represents. Thank you to our volunteers for being a part of Camp Bar-V-Nok. Indeed, you are Camp Bar-V-Nok!

Yours in Christ,
Ronald B.F. Bayda

Summer Camp, 2019

On Sunday June 30, we opened the doors to another summer camp season. As the campers arrived and their parents helped them settle in, this marked a new era in the programming we offer at Camp Bar-V-Nok. This year we expanded beyond the traditional two-week summer camp and introduced a third week. As a programming committee, we were astonished at the response and at how quickly our summer camp sessions filled up. In 2012, our enrolment numbers were hovering around 60 campers and, this past summer, we had 175 unique registrations, with some campers attending 1 week, the majority attending 2 weeks, and 6 campers attending all 3 weeks.

We strive to make Bar-V-Nok an experience that has a strong and a deep connection to our Faith, our Culture and an appreciation and respect for nature. Oles Zmewsky, our Summer Camp Director, and his leadership staff of Luke Chernezky, Sylvie Ellis and Roxoliana Tsisar, spent countless hours in the months prior to camp designing a program that would successfully hit all 3 aspects of our camp belief statement. It was wonderful to see these young people from our community begin to grow and develop as leaders. At Bar-V-Nok, it is not only our goal to develop great programming for the youth of our community, but we want to help the people we hire become the future leaders of our community and build their confidence and expertise. All of us can likely recall a moment in our youth where a community member gave us an opportunity to shine, a moment where we took a turn down a path that opened great opportunity, and this is what we hope to provide for all youth connected to Bar-V-Nok.

On a daily basis, campers were provided with the opportunity to experience that faith, learn about their culture and gain an appreciation for the beautiful landscape of Pigeon Lake, Alberta. We are extremely grateful to have had Fr. Timothy Chrapko and Fr. Cornell Zubritsky as our spiritual guides throughout the duration of the three weeks of camp. We truly believe that our faith is an anchor point for everything that we do in our lives. Therefore, all of our religious programming was dedicated to helping our campers and our staff understand how everything that we do flows through our faith. The camp experience is a very interesting one, where we have seen our young people begin to ask questions about their faith, begin to become excited about their faith, and start to want to incorporate what they have learned at camp into their daily lives.

This summer we faced the challenge of inconsistent weather, however our staff worked diligently to provide a wonderful experience for our campers, no matter what the weather was. Recently, we provided parents and campers with a survey and it was very reassuring to see when asked the question... will you be returning to camp in 2020...that 98% of the respondents said yes. The growth and momentum of the Camp Bar-V-Nok summer experience is growing and it's something that we need to continue to build. We are so very grateful to all of our external partners, who provided us with funding and support to be able to run our summer camp. We humbly call out to all of you to continue to see the value in bringing the Ukrainian Orthodox youth of Alberta together at Bar-V-Nok.

Next year, we are planning to run four weeks of camp programming, a very exciting

initiative. We recognize that in order to continue to provide quality programming, we need to unite the collective wisdom of our community. We therefore request that you as community members consider how you might help us grow. Consider how you might get involved as a volunteer or offer your special skills to our program. That being said, our dear community, I want to remind all of you that as successful as the summer camps are, Bar-V-Nok is more than just a summer camp. The summer programs are a fantastic launching point for the work that we want to achieve as a Ukrainian Orthodox community. Therefore, I want to remind all of you that this fall we will be hosting a spiritual retreat designed to bring all of our generations closer to God. In doing so, we hope that the community can clearly identify the value of what Bar-V-Nok can provide for multiple generations.

Yours in Christ,
Deacon Anton Lakusta
Camp Bar-V-Nok Society Board, Vice President

Donations Update 2019

As of May 1, 2019, the Camp Bar-V-Nok Society is operating the camp property, having taken over the lease between the Council of Ukrainian Orthodox Churches of Edmonton and St. John's Institute. The original 2-year lease allowed Camp Bar-V-Nok to establish as a society and build up a capital and a strategic plan for the Camp Bar-V-Nok Property. Over the past 2 years, the Camp Bar-V-Nok Society has: established a high quality summer camp program, provided the community with opportunities for input into future direction, and is now ready to undertake Phase 2, which is managing the complete camp facility, including programming and operations.

Over the last two years, the CUOCE has collected funds from the rental of the facility as well as solicited donations from our community organizations to help build up an operating fund for the Camp Bar-V-Nok Society. The funds collected from the community have been directed to the property restoration and operations. Meanwhile, the rental revenue was collected and saved to ensure that funds required for the Camp Bar-V-Nok Society to take over the camp operations this year were available. However, from 2017-2019, the maintenance and restoration needs necessitated accessing some of the reserve funds to help in the facility restoration. As a result, there is a slight shortfall in the funds for property maintenance and operations for 2019. The plan was that rental revenue collected in one year would be the basis of the operating funds required to maintain the camp property - utilities, taxes, insurance and a facility maintenance manager, looking after the day to day facility maintenance needs.

Over the last two years, through the stewardship of CUOCE, the community has donated over $100,000 to provide the necessary funds to restore the Pigeon Lake property, allowing the Camp Bar-V-Nok Society to concentrate on establishing a plan for programming and build a long range plan for the facility overall. Just the yearly operating costs (taxes, insurance, utilities, facility manager) are approximately $60,000 per year. Facility projects are above this amount.

Phase One of the Camp Bar-V-Nok Society plan is completed and we are now undertaking the full operation of both the property and the programming. This fall we are co-hosting a family-based Spiritual Weekend, expanding from our Summer Camp Program, as well as ensuring the camp property is operational twelve months of the year, making it available to our community for use year round.

With the future looking promising, we are still seeking community and individual financial support to help make the vision a reality. There are still a number of facility restoration projects to be done. We hope our community organizations will help us move forward. To this end, we would like to highlight

some donation options for you to consider.

As a non-profit registered society within Alberta, we are only allowed to receive up to $5000 from other community organizations with Alberta Gaming and Liquor Commission funds. We currently do not have a registered charitable number, so cannot issue tax receipts. However, we can receive donations of up to $5000 directly to the Society that can be used to support our mandates - summer camp programming and / or facility maintenance. Many organizations have donated directly to us, knowing the $5000 threshold in place from AGLC. We complete a Recipient Agreement to support the AGLC requirements of such a donation. For those organizations, that are able to donate above the $5000 limit in place, for 2019 we have two options available. Organizations can donate to either

- Council of Ukrainian Orthodox Churches of Edmonton, directly - as they are a registered Canadian charity with tax receipting ability. This allows the donation to be directed to Camp Bar-V-Nok through them, as they were the primary leaseholder for the first two years. They are committed to supporting the vision of Camp Bar-V-Nok for our community.

- A donation to Western Eparchy - Ukrainian Orthodox Church of Canada - directed to Camp Bar-V-Nok - is another avenue available. They also can receive AGLC funds as a religious organization and have tax-receipting ability.

- Individuals may donate to either to receive a tax receipt, simply specify you would like your donation directed to Camp Bar-V-Nok.

Organizations hat have made donations to all three groups in the past (Camp Bar-V-Nok Society for summer camp program, CUOCE for facility restoration and Western Eparchy of UOCC for their purposes), must ensure they are meeting AGLC use of proceeds funding guidelines.

This fall, 2019, we are anticipating having the Camp Bar-V-Nok property available for year-round use - allowing rentals by youth groups, parishes, our community partners (CYMK, AUSRL, TYC, UWAC, parish men's clubs), and external partners - to allow the Society to build up revenue to be used for the property operating expenses for 2020.

If you have any questions about how to best support the Camp Bar-V-Nok Society through a financial donation, please do not hesitate to contact myself as Treasurer at dennis.kuchta@barvnok.com or any of our Society Board Members. We would be more than willing to attend one of your organizational meetings, to highlight more about Camp Bar-V-Nok and our Strategic Plan and Vision.

We thank you for your past support. Together, we can ensure we have a quality facility to offer faith-based programming for our community, where Faith... Culture... and Nature Come Together!

Dennis Kuchta, Treasurer

Donation Information

Camp Bar-V-Nok Society
PO Box 2180 Station Main
Edmonton, AB T5J 2P4

Council of Ukrainian Orthodox Churches of Edmonton
George Zaharia, Treasurer
12414 - 28 Avenue NW
Edmonton, AB T6J 4E4

Note: Camp Bar-V-Nok on cheque Memo Line

Western Eparchy of Ukrainian Orthodox Church of Canada
11404-112 Avenue
Edmonton, Alberta, Canada
T5G 0H6

Note: Donation to Camp Bar-V-Nok on your cheque memo line

St. Michael Exterior before Renovation

Ukrainian Orthodox Church of St. Michael Re-dedicated after Renovation

Camp Bar-V-nok, Pigeon Lake, Alberta

The origins of St. Michael's Church can be traced to the 1903 founding of an independent Greek Church congregation in the Zawale District southwest of Andrew, AB. In 1918 - 1920, the membership divided between those who wanted to remain with the Presbyterian-backed Independent Church and those who wished to join the newly established Ukrainian Greek Orthodox Church of Canada. In late 1929, supporters of the latter resolved to construct their own place of worship at NW 36-55-17-W4. Work began that winter, with William Dorosh hired as the building contractor and Steve Hrudey acting as the foreman. In June 1930, Fr. Teodor Kisiliuk celebrated the first liturgy in the new church. Despite many hardships, St. Michael's provided for the spiritual needs of the faithful for many decades until it was impossible to maintain due to rural depopulation. It was moved to Camp Bar-V-Nok at Pigeon Lake, AB in March 1994, where it was subsequently restored. It was blessed at a hierarchical liturgy officiated by Archbishop John of Edmonton in 1995.

The church deteriorated as time passed. Campers and visitors could no longer enter the building for services due to its condition. Services during the youth summer program had to take place outside with the entrance of the church serving as the altar.

When the Camp Bar-V-Nok Society was established in 2016, one of its goals was to bring the camp church, the beacon of faith for its programming and facility, back to its former glory. With the Ukrainian Orthodox Church of Canada commemorating 100 years of faith in Canada in 2018, church renovation became a centennial project.

Through the generous financial support of the Ukrainian Orthodox community and private donors, the Camp Society was able to collect $15,000 specifically for the project and

Clockwise from top left: Rededication Liturgy Exterior; Rededication Liturgy; Rededication Liturgy Altar; Renovated Interior.

contracted the work out to a third party to complete.

Work commenced in May, 2018 and was completed in May, 2019. This included:

- Repair of the dome, including structural repairs,
- Interior and exterior painting,
- Window repairs and trimming,
- Refinishing of interior flooring (funding donated by private donor),
- Installation of a new pot belly stove (donated by private donor),
- Installation of church pews and chandelier donated by the Thorsby, AB Parish,
- Installation of icons donated by St. Anthony's Parish of Edmonton.

The Ukrainian Orthodox community was invited to attend the rededication of St. Michael's parish and Divine Liturgy on Sunday June 2, 2019. The service was celebrated by His

Left to right: Rededication Liturgy Exterior; St. Michael Exterior after Renovation

Grace Bishop Ilarion of Edmonton, Rt. Rev. Protopresbyter Victor Lakusta, Rev. Fr. Cornell Zubritsky, Rev. Fr. Deacon Anton Lakusta and Rev. Fr. Protodeacon Yaroslav Boychuk. Responses were sung by a choir from St. John's Cathedral led by Lesia Pohoreski.

The event was attended by 80 people visiting from all over Alberta. Following the service, guests made their way to the mess hall where they took part in a community barbeque followed by youth activities coordinated by the Cathedral of St. John (Edmonton) Sunday School program.

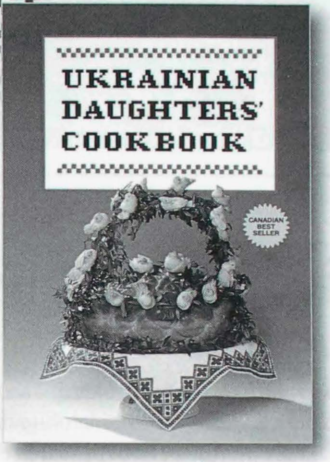
Campers of Camp Bar-V-Nok Summer Youth Camp and their parents were greeted with the beautiful sight of a fully restored church when they arrived for the first day of camp on Sunday, June 30. We are happy to say that, as a result of the donations and hard work of our volunteers, all services during camp were able to take place inside the church.

The Camp Society would like to acknowledge all of the parishes, organizations and private donors who contributed to this important project. Without the funding, we would not have been able to complete this project in such a short period of time. We are also thankful to those that provided their prayers as we embarked on the journey to restore this beautiful place of worship.

This historic building will continue to stand as a reminder of the Ukrainian Orthodox pioneers of Alberta and their dedication to their faith.

Kimberley Gutsche, Camp Bar-V-nok Society

Ukrainian Daughters' Cookbook



This book embodies the colour and richness of Ukrainian tradition. It features recipes and customs passed down through generations to maintain our unique heritage. Special features include Christmas Eve Supper, Easter dishes, a 9-page section on how to make Ukrainian Easter Eggs, plus cross-stitch designs and wonderful holiday breads.

• 6" x 9" • 174 pages • wire coil binding

Only $21.95

plus $5.00 each for postage and handling

TO ORDER:
U.W.A.C. Daughters of Ukraine Branch
1920 Toronto Street
Regina, Saskatchewan
Canada S4P 1M8

Phone : 1-306-569-8139 • Email: lizdusyk@sasktel.net
Make cheque payable to: Ukrainian Women's Association

Price subject to change/U.S. orders payable in U.S. Funds
For fundraising or volume purchases contact UWAC
at (306)569-8139 or Email: lizdusyk@sasktel.net

Erin Haugen
Visual Artist

Facebook:
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St. Paul, AB
587-252-3410
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Image: *Snowflake Pysanky Christmas Ornaments*

Рідне слово

Сестра Лесі Українки

Сестра Лесі Українки - Ізидора Косач - була репресованою більшовицьким режимом і затримана Гестапом за співпрацю з Організацією Українських Націоналістів.

У 1888 році, у відомій волинській родині Косачів народилась дівчинка, яку, за наполяганням Олени Пчілки та її старшої доньки Лесі, назвали Ізидора.

Перед тим що пішла до гімназії, дівчина отримала добру освіту вдома.

У 1905 р. у Російській імперії жінок почали приймати до вищих навчальних закладів. Восени 1906 р. оголосили, що вперше приймуть жінок і до Київського Політехнічного Інституту (на конкурсній основі). Ізидора Петрівна успішно склала іспити і була в числі 16 дівчат, що вперше стали студентками КПІ.

Після того, як в Україні закріпилась більшовицька влада, Ізидора продовжила займатися науковою діяльністю у сфері ботаніки.

Ізидорі було 49, коли її заарештували у вересні 1937 р. За 8 років до того, чекісти засудили її чоловіка, вченого-агронома, Юрія Борисова, як члена вигаданої чекістами Спілки Визволення України і заслали на Північ, звідки той не повернувся.

Два роки Ізидора Косач валила ліс в Онезькому таборі. І лише з нагоди 25-річчя смерті Лесі Українки громадськість вимагала відпустити рідну сестру поетеси на волю. Таким чином Ізидора Косач повернулася до Києва на початку 1940 року.

Уже під час Другої світової війни Ізидору Косач повторно арештовують за проукраїнську діяльність, але вже нацисти. У той час вона входила до Української національної ради, що була заснована ОУН. Після звільнення, восени 1943 року, остерігаючись репресій радянської влади, Ізидора разом із сестрою Ольгою Косач тікають до Європи, згодом - до Америки.

За океаном Ізидора співпрацює із жіночими громадськими організаціями, займається видавничою діяльністю, пише про сестру, родину та їх оточення.

У 1971 р. радянська влада запросила її взяти участь у відзначенні сторіччя з дня народження Лесі Українки в УРСР, але Ізидора відмовилася і написала, що «не поїде в Україну, поки там панує неволя і заарештовують невинних людей».

Померла вона 12 квітня 1980 року в місті Піскатавей (штат Нью-Джерсі, США).

———————————————————-

За світлину та віднайдений матеріал дякуємо історичному ресурсу Хроніки Любарта, що багато і наповнено пишуть про видатних діячів та уродженців Волині.

Опубліковано Marупа Mirzaeva
Подала др-ка Олена Гарасимів

Lesia Ukrainka's Sister

Lesia Ukrainka's sister, Isidora Kosach, was repressed by the Bolshevik regime and detained by the Gestapo for cooperating with the Organization of Ukrainian Nationalists.

In 1888, a little girl was born to the famous Kosach family of Volyn, who, at the insistence of Elena Pchilka and her eldest daughter, Lesia, was named Isidora.

Before going to high school, the girl received a good education at home.

In 1905, women in the Russian Empire began to enter higher education. In the fall of 1906, it was announced that women would be admitted to the Kiev Polytechnic Institute, based upon a competition. Isidora Petrovna successfully passed the exams and was among the sixteen girls who first became students of KPI.

After the Bolshevik government became entrenched in Ukraine, Isidora continued to pursue scientific activities in the field of botany.

Isidora was 49 when she was arrested in September, 1937. Eight years before, the Chekists had convicted her husband, agronomist ,Yuri Borisov, as a member of the Union for the Liberation of Ukraine (an organization invented by the Chekists to justify their condemnation of Ukrainian nationalists), and had exiled him to the North, whence he did not return.

For two years, Isidora Kosach performed hard labour in a camp in the forest near Lake Onega, Russia. It was only on the occasion of the 25th anniversary of Lesia Ukrainka's death that the public demanded that the poet's sister be released. Thus, Isidora Kosach returned to Kiev in early 1940.

During World War II, Isidora Kosach was arrested again for pro-Ukrainian activity, this time by the Nazis. At that time, she was a member of the Ukrainian National Council, which was founded by the Organization of Ukrainian Nationalists (OUN). After her release, in the fall of 1943, fearing repression from the Soviet regime, Isidora, together with her sister, Olga Kosach, fled to Europe, and later to America.

In America, Isidora was active in women's organizations, published material and wrote about her sister, family and their circumstances.

In 1971, the Soviet authorities invited her to participate in the celebration of Lesia Ukrainka's 100th birthday in the USSR, but Isidora refused and wrote that "I refuse to go to Ukraine as long as personal liberty is abused and innocent people are arrested."

She died on April 12, 1980 in Piscataway, New Jersey, United States.

For the photo and the material found, we thank the historical resource of the Chart of Lubart, whose contributors write a great deal about the prominent figures and natives of Volyn.

Posted by Maryna Mirzaeva

Submitted by Dr. Elaine Verchomin Harasymiw

EXPLORING AUSTRALIA:

Reflections on a Cultural and Professional Experience

Editor's Note: Dobrodijka Dr. Sonia and Very Reverend Archpriest Taras Udod (Chancellor of the UOCC) made a special visit to Australia in 2019. Here are some of the trip's highlights.

July, 2019 was a memorable trip for us, as we travelled to Australia for our first visit. This was an opportunity to present my research to colleagues in Australia, and an opportunity to learn more about the Ukrainian Orthodox Church.

The aim of my program of research was to understand and advance healthcare leadership, nurses' work environments and health systems. Our research team is committed to supporting healthcare leaders by, '*Creating and Translating Evidence for Nursing LEADership and Health Services*'. We believe nurse leader development is critical to the creation of high-quality healthcare workplaces, that lead to improved health services delivery, improved quality of care for patients, healthy workplaces for healthcare providers and better organizational outcomes. Consistent with these goals, I spoke at the University of Canberra, Canberra (capital of Australia); La Trobe University, Wondonga; and Swinburne University of Technology, Melbourne. In these locations, I was able to meet researchers, educators, nurse leaders and nurses from practice and we discussed various leadership practices within the context of the Australian and Canadian health care systems. Australian practitioners are keen to learn from visiting nurses, given that their ability to travel abroad is limited due to cost and time necessary for overseas flights. Our flying time from Vancouver to Sydney was fifteen hours—just one leg of our journey.

Very briefly, at La Trobe University, I spoke about the relationship between nursing leadership and patient outcomes. Research has shown that a heavy workload for nurses and unstable work environment that is fast paced, in which nurses' care for complex and very ill people, are linked to negative patient outcomes (missed medication, longer hospital stays). This makes sense, because if you do not have enough time to complete complex work, mistakes can be made.

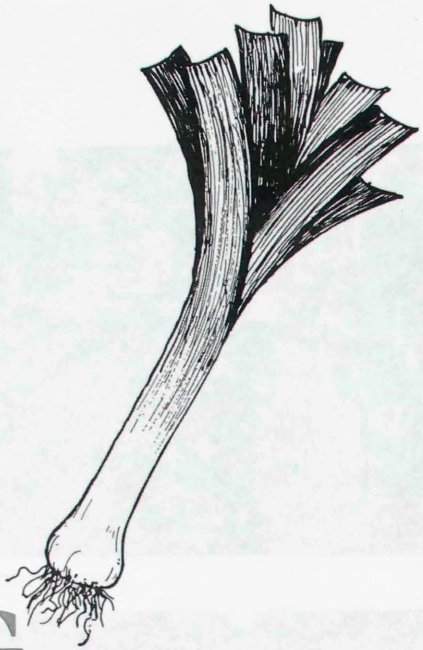
At Swinburne University, I discussed the findings of a Western Canadian study that investigated nurse manager role stressors and their coping strategies. We found managers' role stressors disproportionately higher than their ability to cope, and that they are at significant risk for ill health and decreased well-being, which negatively affects manager recruitment. These findings underscore the stress and pressures faced by managers and nurses that can have implications for patient safety and quality of care.

On a personal note, we thoroughly enjoyed the sights and meeting people in the Ukrainian Orthodox community in Australia. Father Michael and Dobrodijka Katia Solomko were excellent hosts and we were able to see parts of the country we would not have visited otherwise. We toured Parliament

Photos supplied by Dobr. Dr. Sonia Udod

House, the Australian War Memorial and of course St Nicholas Church in Canberra. After leaving La Trobe University, we drove safely to and through Sydney to our hotel, all the while driving on the "wrong side" of the road! In Sydney, we connected with a friend of Father Taras' from Saskatoon. We visited his home near the Harbour Bridge and then walked to the ferry that took us to the restaurant! We did not need to drive. Ferries are an important means of transportation in such a large city (over 5 million people). With the Solomkos we toured Sydney's waterfront, visited the famous Bondi Beach, where many Ukrainians come to spend their summers, and had a fabulous lunch at Café Sydney with a view of the harbour. We learned more about the Ukrainians in Australia—how they are similar yet different from us. We realized that our church in Canada is not alone in its challenges and struggles from our sister churches elsewhere. We were grateful for the generosity and kindness we received from those we met and I, especially, am grateful for the professional connections I made with my Australian colleagues.

Dobrodijka Dr. Sonia Udod



GROWING, PROPAGATING, HARVESTING AND COOKING LEEKS

Introduction. Gardening can be an adventure when we grow vegetables not typically grown in our gardens, test them in our kitchen, discover ways of incorporating them into our cooking, and create dishes that our families enjoy. If we plant these novelties, then we also look for innovative ways of preparing and serving them. So, it is with leeks.

Content. In this article, I will share information about what leeks are, as well as about growing, harvesting, storing, preserving and cooking leeks. I will include the health benefits of leeks, good accompaniments for leeks, and a few recipes.

Leeks are a biennial, belonging to the allium family, which includes onions, garlic, shallots and chives. Although not a vegetable grown in my mother's or grandmother's gardens, leeks have been cultivated as early as 3200 B.C. In current times, leeks, the national emblem of Wales, are enjoyed in Welsh dishes such as Chicken, Leek and Mushroom Pie, Classic Cheese and Leek Souffle, and Welsh Leek and Stilton Soup. Leeks, a part of French cuisine, are featured in *Vichyssoise*—a potato, leek soup that is served cold; in *Bouillabaisse*—a classic fish soup, and also in leek/vegetable gratin, made of layered vegetables mixed with herbs and cheese, topped with cheese and crumbs. The Irish can enjoy a bowl of St. Patrick's Day Irish Leek and Potato Soup or an entree of Poached Salmon served on a bed of Sautéed Leeks in honour of St. Patrick, who healed a dying woman (after she ate the leeks he had transformed from rushes).

Compared to its cousins, this milder flavored vegetable grows tall and stately with broad blue green leaves, and has bleached white cylindrical shanks. The upper dark coarse leaves are cut off and only the white shank and about two inches of the light green part is used in salads, chowders, frittatas, quiches, soups, stews, savory pies, such as tarts, gratins or

vegetable galettes. It can also be served as a side dish. Mature leeks are chopped, and sautéed and the young thinner leek can be steamed , boiled or sautéed whole. The upper greens and roots can be used in a vegetable stock or leek broth.

Health benefits. Claims that leeks can cure anything from a nose bleed to grey hair, or that eating leeks will improve your speaking voice are unfounded. However, alliums are rich in nutrients and provide health benefits. Leeks, garlic and onions are listed at the top of the list for inhibiting cell growth in cancers such as colon, brain, lung, prostate and breast cancer (Servan-Schreiber, 2008.) Besides having antitumor and antioxidant properties, leeks are a source of potassium, calcium, phosphorus, vitamin A, folate, are rich in dietary fibre and are low in calories. Given that leeks are hardier than onions and garlic, and more subtle in flavor, this is a vegetable that is worth growing in our garden.

Varieties. Leeks are grouped as summer or winter varieties. Some winter hardy varieties include Bandit (120 days to maturity,) Large America Flag (120 days,) and Lexton F1 (110 days.) The summer varieties usually are suited to a shorter growing season. These includes King Richard (75 days,) Pandora (90 days,) Megaton (95 days,) Rally (80 days,) Alto (90 days,) and Takrima (100 days.) Giant Musselberg (80-150 days to maturity) and Lancelot (95 days) can be harvested late in cold areas or overwintered in mild areas. Look for other varieties on the website or check your seed catalogues.

Planting and growing. In the past five years I have started Giant Musselberg, Megaton and Rally from seeds. In 2019, I purchased started seedlings from a garden centre and planted them directly into the garden. The disadvantage was that the name of the leek variety was not included on the label.

Growers recommend starting leek seeds indoors 10-12 weeks before the last frost-free day; however, I have started leek seeds as late as 4-6 weeks before the last frost-free day. Sow seeds ¼ inch deep in starter trays and transplant into six cell containers when the plants are big enough to handle. When the leeks are as big as a pencil lead, harden them off for one week before transplanting them into the garden. Leeks are cold hardy and can be transplanted as early as two to three weeks before the last frost or when the soil can be worked after the spring thaw. To transplant, I make a trench that is about six-eight inches deep and lay each leek about four to six inches apart. Pull the soil up around each plantlet. As the plants grow, I fill in the trench and continue to hill it to blanch more of the shaft. If transplanted in clumps, thin them for salads or they will be very thin when it is time to harvest them.

Propagation of leek. In areas in which the temperatures do not drop below 10° F or -12° C, leeks can remain in the garden all winter. In the second year, these leeks will produce a 6-inch round, lavender bloom on a 4-foot stalk. When all the flowers open, the black seeds will mature in three to four weeks. To save the seed, cut one or two stalks, put them inside a paper bag, secure with an elastic and hang the seed-head to dry

Transplanted leeks in six cell containers 2018, June 9

Leeks growing next to the Sunberries in 2018, July 31

in a well-ventilated spot for one month. When dry, loosen the seeds between your fingers into a bowl and separate the seeds from the debris. Label, date and store the seeds in small bottles in a cool place. These flowering leeks will also produce small corms alongside the base of the plant that can be gathered in the fall and replanted next spring. I have always purchased my seeds. I am curious if mulched leek plants would produce seed heads and corms in zone three. This can be another adventure or experiment worth giving a try.

Harvesting and storing. Harvest leeks during the growing season as required. If you start your plants in February and transplant them into the garden in early May, your leeks will be ready in three to four months. Leeks can withstand a few light frosts, but should be harvested before a major frost.

Using a garden fork, loosen the soil around the leeks, pull them out and shake off the dirt from the roots. In preparation for storage do not remove the roots. Wet some peat moss for the bottom of a pail. Fit in your leek upright as close together as possible into the pail with the roots at the bottom of the pail. Add extra peat moss around the edges. Place in your cold room. Leeks will only keep for about two-three months in a cold room or cellar in a pail.

Sample of leeks called Megaton, 2016 September 10

Some gardeners trim off some of the tops and roots and lay the leeks flat between layers of moist sand and store them in a cold room. I have never tried this method, but this too might be worth a try.

For the freezer. When the leek leaves begin to turn brown, I clean off the peat moss, wash out the leek, chop, sauté, cool, package and freeze in two cup packages to be used later in soups, and other dishes.

I salvage the coarse green leaf tops and make leek broth, strain it and process the broth in jars to be used later in soups, stews and other dishes.

Cleaning Leeks. Hilling up leeks will result in dirt between the layers of the leek. To clean all the dirt or peat moss from between the layers, trim off the greens, leave part of the root to keep the layers together, cut the leeks in half lengthwise and rinse under a tap as you fan the layers to rinse off all of the dirt.

In the kitchen. Young, tender leeks one inch in diameter are an ideal size for salads, halved, braised or grilled and served with butter, a sauce or simmered in wine or cream. Leeks that are thicker are more suitable chopped and sautéed for soups, stews and other dishes. I have used leeks in place of onions in my cooking. Although they can be steamed, boiled or sautéed, my preference is sautéing.

The following recipes are everyday recipes using garden vegetables or combining left overs. The

Preparing leeks for the cold room

Fifteen cups of chopped leeks ready to sauté with extra leek on the side for stock

Ingredients for leek stock

Cleaning dirt from between layers of leek with tap water

leek broth is made from the tops of leek greens that some cooks toss in the garbage as they are too tough to use.

Leek vegetable broth.

4 cups cut-up leek greens
2 cups diced carrots
1 cup diced celery
½ cup diced parsley root
½ cup chopped parsley greens
½ cup chopped parsley stems
½ cup dill stems
9 peppercorns
1 teaspoon sea salt
1 tablespoons olive oil
8 cups water

Sauté carrots and celery for two minutes. Add leek greens and continue to sauté for about ten minutes stirring frequently. Add all the other ingredients and simmer slowly. The broth will reduce to about half. Strain, pressing as much liquid as possible before tossing the solids away. Pour broth into hot sterilized jars, cover with prepared lids and process in a canner for about 30 minutes. Alternatively, cool immediately and freeze in small containers.

If you wish, you can add other ingredients such as chopped onion, garlic and mushrooms, thyme, oregano and bay leaf when you are making your vegetable stock. Do not add rutabaga or any of the cabbage family to the stock as these will overpower the flavor.

Fried cabbage with sautéed leeks

2 cups leeks, chopped
5 cups *cabbage, sliced
Salt, pepper to taste
1 tablespoon olive oil
1 tablespoon butter
¼ cup water
1/3 cup whipping cream
Dill, chopped

Ingredients for fried cabbage and sautéed leeks

Sauté leeks in olive oil and butter for one minute. Add the cabbage and season with salt and pepper. Stir until the cabbage changes to a brighter colour. Add the dill, cream and water. Cover and let it steam, stirring from time to time until the cabbage is tender. Serve alongside with seasoned baked spaghetti squash and butter.

**Note: I prefer the Caraflex variety of cabbage as it is sweeter and more tender than the other cabbages and matures in 50 days after transplanting. Other sweet and tender cabbages that can be substituted are the savoy and Napa or Chinese cabbage.*

Left-overs for supper next day. When we cook larger portions, we create ways of using the left overs. Here is one dish that our family enjoys.

2 cups or more cold, cooked spaghetti squash
1/3 cup or more cold fried cabbage and leeks
Mix into a casserole
Cover the mixture with four slices of Havarti cheese

Bake uncovered for 30 minutes at 350°F. Serve.

Gluten-free cheese, leek, zucchini puff

1 cup chopped leeks
1 teaspoon butter
1 teaspoon olive oil
4 cups shredded zucchini
½ cup chopped red pepper
2 eggs
1 cup goat milk or a milk of your choice
1 cup rice flour*
¾ teaspoon xanthan gum
½ teaspoon salt
½ teaspoon pepper
1 teaspoon dry or 1 tablespoon fresh basil
1 teaspoon baking powder, gluten free
1 cup shredded cheddar cheese.
Egg whites, optional

Sauté the leeks in butter and olive oil. Squeeze out the moisture from the shredded zucchini.
In a bowl combine zucchini, sautéed leeks, red peppers and basil. In a separate bowl beat two eggs, add milk, salt, pepper and rice flour with xanthan gum and baking powder and mix. Pour milk mixture into the vegetables and stir. Stir in the shredded cheese. Pour into an 8 x 10-inch casserole or baking dish. If you have egg whites, whip and spoon the frothed whites over the top of the vegetables. Bake at 350° F for 50 minutes or until the top is golden. Serve with a salad for a light lunch.

**Note: If you wish to use wheat flour, omit the xanthan gum*

Good accompaniments. When experimenting with creating your own leek recipes, knowing some good accompaniments is useful. These include butter, olive oil, hazelnut and walnut oils, cream and crème fraîche; vegetables such as potato, fennel, celery, asparagus, cabbage and artichokes; herbs such as thyme, parsley, chervil, tarragon and saffron; cheeses such as parmesan, goat cheese, Gruyère and cheddar; other items such as capers, wine, olives, mustard, curry spices, lemon; eggs, Romesco sauce, lemon and shallot vinaigrette or a mustard vinaigrette (Madison, 2013.)

I hope you are inspired to grow and serve leeks. Share your favorite recipes with our Promin readers. May you continue to explore ways of serving the many vegetables that are not usually grown in gardens. Happy adventures, happy gardening and happy hosting!

Vivian Skakun (Photos and article)

Ingredients for gluten-free cheese, leek, zucchini puff

Baked gluten-free cheese, leek, zucchini puff

Resources

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АДОЛЬФ ВЕНҐЕР
July 4, 1935 — May 29. 2019

Adolphe Wenger was born in Radway, Alberta, son of Dmytro Wenger (Pioneer) and Katherine Chorney (born Edna-Star, Alberta).. He had one sister and three brothers.

Адольф народився на фармі в Радвей, Альберта, до родичів Дмитра та Катерини, з роду Чорній. Виростав з одною сестрою та трьома братами. Несподівано відійшов у вічність 29-го травня, 2019р.

Adolphe completed high school in Radway and graduated in 1958 from the University of Alberta with a Bachelor of Science degree in Chemical Engineering. At that time most engineering jobs were in the East, so Adolphe came to Maitland, Ontario, where he worked at Dupont. In 1959, he completed a Diploma in Business Administration from Queens University, Kingston, Ontario. In 1960, employment at Union Carbide brought Adolphe to Montreal. In 1967, he was recruited by Pacific Petroleums in Montreal as their Technical |Sales Service Engineer for Plastics. His expertise in plastics took him to visit every plastics plant from New Brunswick to British Columbia, and to Bartlesville, Oklahoma. His longtime dream was to own his own business and, in 1975, he bought a shop fabricating molds for rubber and plastics processors. His business then took him to Cairo, Egypt as a follow-up to molds his shop had built for their agricultural field drainage systems. One of his accomplishments was, at the request of the local Canadian Ukrainian Congress, cutting out a six foot high Steel TRYZUB to be installed on the smoke stack of USS Hruzia, a Ukrainian Cruise ship that was to start weekly cruises from Montreal to northern Quebec. He worked on this personally with another employee and completed the task overnight in 24 hours. He donated the Tryzub and was invited to a reception on the ship, along with his wife, Marusia (nee Shych).

Adolphe passed away peacefully and unexpectedly May 29, 2019, watching the five o'clock news with his wife by his side. (He had suffered a massive CVA (brain stroke) in January, 2000, but had recovered about 85% with the help of Marusia, a physiotherapist.)

Адольф любив свою українську православну церкву, де познайомився з Марусею Ших. Вони одружилися 10-го вересня, 1966 р. у Катедрі Св. Софії в Монтреалі. Бог поблагословив їх подружжя двома дітьми, Петром та Уляною. Був щасливий бачити своїх дітей одружених і дочекався трьох онуків — Катрусю і Михайлика Венґер, та Матея Персіко. Разом з родинною часто відвідували Тата в Едмонтоні та родину на фармі. У серпні, 2008 р., разом відсвяткували 100 років відколи дідо Адольфа дістав контракт на гомштад (homestead) у Радвей.

Адольф і Маруся брали дуже активну участь у своїй парафії та в її організаціях у Монтреалі. Коли

Адольф пішов на відпустку, вони багато років перебували у Fort Lauderdale, Florida, брали крузи і відвідували часто родину в Альберті.

Панахида відбулася у похоронному приміщенню в неділю, 2-го червня, 2019, а похорон у Катедрі Св. Софії в понеділок. Панахиду та похорон відслужили отець Володимир Кушнір, настоятель катедри, та отець Ігор Куташ (бувший парох) та одноземець з Альберти. Тіло поховано на цвинтарі Mount Royal. Після цвинтару відбулася тризна з участю родини та числених друзів котрі подарували понад $3,000 як нев' янучий вінок для катедри.

Left to mourn are Marusia (Shych), wife of almost 53 years, son, Peter, and daughter- in-law, Hania (Jemetz), daughter. Elaine, and son-in-law, Austin Persico, and grandchildren, Katherine and Michael Wenger and Matthew Persico. Also, brother, Ambrose and family in Edmonton, and, niece, Henia Kwiatkowski and family in Radway.

Залишив у глибокому смутку дружину Марусю (Ших), сина Петра і невістку Ганю (Ємець), дочку Уляну і зятя Астина Персіко, та онуків Катрусю, Матея і Михайлика. Також у смутку родина в Альберті і в Торонті.

Нехай Монтреальска земля разом із жменькою землі із фарми де Адольф народився, будуть йому легкими.

ВІЧНА ЙОМУ ПАМ' ЯТЬ!

Maria Zynych (1919-2019)

Another of our pioneers, Maria Zynych, has passed away. She died on October 12, 2019 at the golden age of 100 years.

Maria was born to the Rosychuk family on a farm near Bellis, Alberta on October 12, 2019.

Maria learned to work hard as a pioneer. To raise a family, she had to grow vegetables and grain, and raise chickens, ducks, geese, cattle and pigs. Despite hard times, Maria and her family managed to promote and preserve their Ukrainian language, culture and the Ukrainian Orthodox Church.

Maria joined St. Michael's Ukrainian Orthodox Church in 1964. Ten years later, in 1974, she became a member of the Ukrainian Women's Association of Canada at this church. She held the position of Vice President for two years and was on the bazaar committee for six years. Maria was always willing to help with making perogies and cabbage rolls for the church functions.

She loved to embroider, sing, do Ukrainian cooking and participate in church activities.

Maria leaves three sons, two grandsons, five great grandsons and many relatives to mourn her passing. Her late husband, Alex Zynych, died October 16, 2006 at the age of 94 years.

In memory of Maria Zynych, the UWAC Olha Kobylianska Branch at St. Michael's Ukrainian Orthodox Church in Edmonton has made a donation to the Promin Press Fund. May her memory be eternal!

Fiona Frances Tarnowetz

Mary Bartko

Mary Bartko was born Mary Rachmistruk, the only child of Peter and Elena Rachmistruk, on July 31, 1934 in Kahwin, Alberta. She was baptized at the Holy Trinity Church in Kahwin. Mary's mother, Elena, passed away in November of 1935, when Mary was a young child. She was raised by her father and extended family.

She attended Riverside School, which housed grades one to nine. In addition to her academic courses, Mary was involved in sports, as well as participating in the Riverside band, playing violin and saxophone. The festivals in Lamont School division gave Mary the opportunity to compete in recitals, playing solo and in duets. After completing one year of high school in Andrew, Alberta, Mary moved to Edmonton with her family and completed high school at Victoria Composite High school. Mary subsequently took and completed an accounting course at Alberta College. After this, she joined the work force and was employed by Alberta Steel, Tip Top Tailors and McInnes Products in their various accounting departments.

When Mary and her father moved to Edmonton, they lived with her aunt and uncle, Katie and John Wasylynchuk. On Ukrainian Christmas Eve, in 1955, the St. John's Young Adults came caroling to the Wasylynchuk house. One of the carolers was a young Walter Bartko, who caught Mary's eye. Mary fondly remembered Walter sitting on the kitchen steps eating his dessert and striking up a conversation with her.

On May 12, 1956, Mary and Walter Bartko were joined in holy matrimony at St. John's Ukrainian Orthodox Cathedral in Edmonton. Mary and Walter established a home in north Edmonton, becoming active members of the St. John's Young Adults, where they participated in fund-raising events, socials, meetings and various sporting activities.

On Aug 10, 1960, their first child, Susan Elaine, was born. Their second child, Mark Walter Peter Bartko, was born on Oct 14, 1964.

Mary was accepted into the Faculty of Education in 1968. From 1968 to 1970, Mary worked diligently, attending night classes, and spring and summer sessions, and in 1971, she became a full-time student, graduating with a Bachelor of Education degree from the University of Alberta in 1972.

Mary was very active in the Ukrainian Women's Association of Canada, St. John's Cathedral Branch, holding various executive positions on the Sunday school executive as well as the Ukrainian dancing school and the UWAC Executive itself. She participated in the Church choir. Her children took an active part in Ukrainian school, dancing school and CYMK.

From January, 1972 until June, 1999, Mary was a teacher with the Edmonton Public School Board, teaching elementary grades at Brightview, J.A Fife and Bannerman elementary schools.

Mary and Walter had the pleasure of being involved in the Lions' Host Exchange program, hosting Japanese and German students from 1978 to 1986. Mary and Walter enjoyed travelling, visiting Ukraine, Japan, Hong Kong and various places in the United States.

Family was always important to Mary and she always looked forward to spending time with her five grandsons—Adam, Peter, Rob, Tom and Andrew. She loved to babysit them, attend their school and sport functions, and watch her grandchildren grow.

Shortly after Mary's retirement, in December, 2000, she suffered a devastating stroke that required her to live in an extended care facility for the rest of her life. Although the stroke affected her mobility and parts of her memory and speech, Mary continued to attend family, school and church functions with Walter assisting her. Despite Mary having the stroke, Walter and Mary were always together. A devoted husband, Walter cared for Mary until her passing. They were married for 62 years and would have celebrated their 63rd wedding anniversary in May.

Mary Bartko died April 12, 2019 at the age of 84 years. Her funeral took place at St John's Ukrainian Orthodox Cathedral in Edmonton with Reverend Father Cornell Zubritsky officiating. Interment followed at the Evergreen Memorial Gardens.

May she rest in peace! Вічна їй пам'ять!

Mark Bartko, Son

Oksana Ensslen (1942-2019)

The Ukrainian women's movement in Canada suffered a great loss with the passing of Oksana Chomiak Ensslen, February 13, 2019 in Edmonton. Oksana played an instrumental, exceptional and varied role in the Ukrainian Women's Association of Canada, St. John's Cathedral Branch, setting an example of what that role should be for the rest of us, both personally, and in the organization. Her work and activities were far-reaching in the Ukrainian community, radiating values and principles that she held to those around her. She found fulfillment in her family, the Ukrainian Canadian community and her church.

Joining St. John's Cathedral Branch in 1998, she vigorously took on numerous executive positions, many of them concurrently. She was President in 1999, followed by positions of Vice-President, Recording Secretary, Social Convenor, Ukrainian Canadian Congress representative, Communications Coordinator, and *Promin* representative. In the course of this service, she was a delegate to many national (SUS) and provincial (AUSRL) conventions and conferences. Provincially, she was President and a member of the National UWAC executive. Serving on numerous committees, nothing was too unimportant for her to give of her time, energy and commitment. Easy to work with, her management style was always that of a "participant" rather than a "micro-manager."

She sat on boards of many Ukrainian associations, including the Ukrainian Canadian Congress, Edmonton and the Ukrainian Canadian Social Services. She taught *sadochok* and Sunday School, sang in the church choir, and toured Ukraine with the Dnipro Choir. She volunteered for organizational casinos, supported the Ukrainian Foundation of College Education, the Alberta Council for the Ukrainian Arts, and the Ukrainian Museum of Canada, Alberta Branch.

Oksana took great interest in Ukrainian women world-wide and studied their status and issues, particularly

those dealing with culture and language. Bringing attention to Ukrainian women in Ukraine, she analyzed in depth a factual account of her visit to Ukraine, describing the issues Ukrainians face today in an interesting and engaging presentation "My Visit to Ukraine." Her interest in women extended to Ukrainian women around the world, acting as observer at the World Federation of Ukrainian Women's Organizations held in Philadelphia, and the World Ukrainian Forum in 2006.

Oksana was deeply committed to the Ukrainian language and culture, which not only influenced her community activities, but carried over to her parenting practices to ensure her five children were brought up in Ukrainian organizations. Her work with the Ukrainian Bilingual Program involved recruiting students to the program, often herself going door to door soliciting their enrolment. She ensured that her children would have educational experiences that would give them knowledge of Ukraine and reinforce their Ukrainian identity in Canada. This included taking her children and grandchildren to Ukraine before she died.

Oksana Ensslen was noted for her open-mindedness and respect of other cultures. She sent her children to German Saturday School to learn German, the language of their father. This open-mindedness was evident in the upbringing of her children—nurturing but not controlling, nor overly protective. She allowed her children to find their own paths in life and pursue their own inclinations. Her philosophy was "live and let live."

Among others, two things stand out regarding her accomplishments, goals, and approach to life. She was a person of principle and of great fortitude—values that reflect those underlying the Ukrainian Women's Association of Canada and ones that should guide one in life. She stood on principle and exercised her values on issues and questions that faced her. A flower that brought colour to the world, she is truly a model for members of our organization and for each of us personally.

ВІЧНА ЇЙ ПАМ'ЯТЬ!

Elaine Verchomin Harasymiw

Zonia Lazarowich
April 23, 1928 - September 16, 2019

Zonia Lazarowich of Edmonton Alberta, long time member of the Ukrainian Women's Association of Canada, St. John's Branch, has passed away at the age of 91. She was predeceased by her brother Dennis, who passed in 2015. Zonia is survived by her daughter Marcee Johnson of Toronto, Ontario, and sisters Leona Cousineau of St. Albert, Alberta and Halia Lypka of Hamilton, Ontario. Funeral services were held at St. John's Ukrainian Orthdodox Cathedral, Edmonton, followed by interment at Evergreen Memorial Gardens.

Zonia (Yaroslavna Zenovya) Lazarowich was a beautiful, vibrant and talented soul, who brightened the lives of everyone she met. She was born in Wakaw, SK, the first child of Peter and Thelma Lazarowich, a young Ukrainian Canadian couple, struggling while Peter completed his law degree.

From an early age, Zonia's musical talent was recognized by her parents and she learned violin from some of the finest teachers of the time. Zonia became an accomplished violinist, winning an Associated Board of the Royal Schools of Music scholarship in 1946 for study abroad. In 1947, she traveled to London, England to attend the Royal Conservatory of Music and performed in London to glowing reviews. Returning to Canada in 1950, she spent some time in Toronto before attending the University of Alberta, where she earned a Bachelor of Education degree and worked at Radio CKUA as music librarian.

Zonia became a high school teacher and continued performing. She joined the Edmonton Symphony Orchestra and performed along with her sister, Leona, and brother, Dennis. In the mid 1960's, Zonia returned to the University of Alberta to earn a Master's Degree in Music before returning to teaching.

The Lazarowich family was very much involved in the Ukrainian community and in the Edmonton community at large. As a child, Zonia lived about a block from the Gowdas. Melvina Gowda became a lifelong friend with many fond memories of Zonia and her family. Melvina remembers walking to choir practice. Mr. Lazarowich, the Choir Director, a tall, lean man with very long legs, led the way, Zonia by his side. They were followed by a disorganized line of young neighbourhood girls – Halia and Vera Czumer, Lillian Svarich, Claudia Gowda, and Melvina, madly trying to keep up.

Zonia was a member of Soyuz for over fifty years. As a young member, she served on the Ukrainian Dance Committee when her daughter, Marcee, participated in Ukrainian folk dancing. Later, she served on the controlling Committee, first as a member, then as chair. In addition, she was involved in the Catering Committee, setting tables for various functions.

Zonia eventually took on the position of President of the Board of the Ukrainian Museum of Canada – Alberta Branch. During this time, she assisted with fundraising, the selection of artifacts, the setting up of displays, and representing the museum at conferences. She performed all of her volunteer activities in a gracious and enthusiastic manner and her involvement in the organization was much appreciated.

Back in 1952, Melvina Gowda was a Dietetic Intern at Toronto Western Hospital. It was her first time living away from home; Melvina was homesick and couldn't bring herself to write a letter home. Mrs. Gowda must have contacted Mrs. Lazarowich, who obviously contacted Zonia, also living in Toronto at that time. Zonia invited Melvina out for dinner, during the course of which three violinists approached the table and played for them. Of course, Zonia knew them. Melvina was ecstatic! It would not be the only occasion where Melvina would admire this beautiful and accomplished violinist.

In the 1980's, Zonia retired from teaching, but continued to be active in Edmonton's music community, performing with many different groups and ensembles and in special events and concerts, such as The Messiah and Edmonton's Singing Christmas Tree. She also became principal violinist with the Concordia College Symphony Orchestra, where she again performed with sister (Leona), brother (Dennis), niece (Larissa) and nephew (Matthew).

Zonia and Melvina lived one and a half blocks from each other on Riverbend Road in Edmonton. They drove together to St. John's for meetings and, in between, discussed matters pertaining to the museum and sometimes just visited over coffee.

Zonia's final years were spent in comfort and care. She will be missed by both her family and friends! May her memory be eternal.

Submitted by Leona Bridges with Melvina Gowda

У річницю упокоєння:

бл. п. Олексія та Марії Макаренко і добр. Олі Демчук

У дев'яту та сімнадцяту річницю упокоєння наших улюблених батьків, діда, бабу, прадіда та прабабу, Олексія та Марії Макаренко, які відійшли у вічність 1-го та 10-го березня, 2003 та 2011 р., та у восьму річницю упокоєння нашої улюбленої дружини, тітки, сестри та хрестної матері, добр. Олі Демчук, яка відійшла у вічність 28-го лютого, 2012 р., висилаємо в їхню світлу пам'ять пожертву, як нев'янучий вінок на їхні могили.

Нехай пам'ять про цих жертвенних та відданих працівників у Божому винограднику буде вічною. Спіть з Богом!

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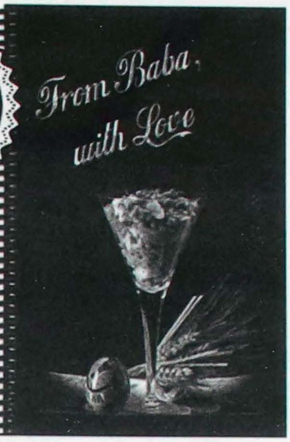

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Artist in the Spotlight – Vera Senchuk

From Concept to Fruition...

2018 was the year of the 100th anniversary of the UOCC. To celebrate this milestone, under the guidance of parish priest Fr. Taras Makowsky, the Holy Trinity Cathedral in Saskatoon embarked on a project to finish the decoration of the temple by completing the choir balcony. The Cathedral approached iconographer Vera Lazarowich Senchuk to undertake this project. The project was completed in two phases: In the first phase, the central place was given to the Mother of God of Canada, an icon originally written for the 75th anniversary of the UOCC, by the iconographer. The second phase involved adding two angels and ornamentation to complete the project.
The first phase of the project was sponsored by Stan Klopoushak of recent blessed memory, and was installed in July 2018. The second phase was installed in July 2019, and was sponsored by his children, Larry (Cathedral choir director) and Cathy Klopoushak. During the final days of installation of the second phase in July 2019, sadly, Stan passed away.

In iconography symbolism is very powerful, the symbolism surrounding the Mother of God of Canada is the following:

Icon Composition: In this icon the Theotokos with Child is portrayed as the Mother of God of Tenderness, because of its popularity among Ukrainians and its symbolic portrayal of love between Mother and Child and between God and his People.

Canadian Symbolism:

Maple Leaf: Mother of God holds a maple leaf in her right hand and gestures towards the Christ Child, Our Savior. The maple leaf is a symbol of Canada. The leaf is green in the icon to symbolize the living Orthodox faith of Ukrainian settlers and their descendents in Canada.

Wheat: There are 7 stalks of wheat on both sides of the Mother of God and Child. The number 7 recalls the seven sacraments or gifts of the Holy Spirit. The wheat itself reminds us of the source of bread – which symbolizes both material well-being and salvation offered to us through Holy Communion by Jesus Christ, the Bread of Life.

The wheat further symbolizes the contribution of Ukrainian settlers to the development of Canada in the great wheat growing regions of Western Canada, where they first settled. The wheat in the icon also recalls the fact that the grain from which Canadian wheat was developed originated in Ukraine and thus symbolizes the transplanting of Ukrainians and their Orthodox faith to the soil of Canada. The colour of the border was chosen to recall the colour of ripe wheat.

Medallions: The upper left hand medallion portrays St. Sophia Cathedral in Kyiv, the source of the Ukrainian Orthodox faith in Ukraine. The upper right hand medallion portrays the Holy Trinity Cathedral in Winnipeg, Manitoba – the main cathedral of the Ukrainian Orthodox Church in Canada.

Phase 2 Concept:

In the Ukrainian Orthodox Tradition, the symbol of the towel, an important component in the icon of St Mary the Protectress, symbolizes protection.

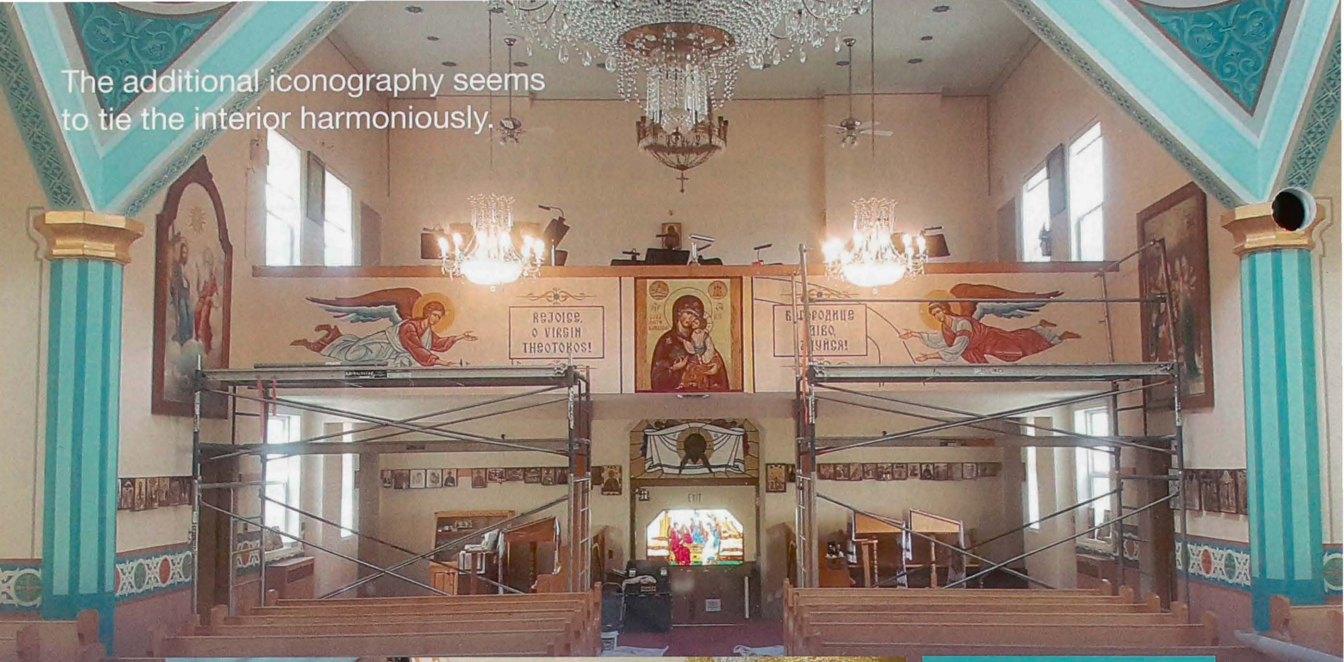
In the biblical narrative there are two easily recognizable attributes belonging to the heavenly beings: that of messenger and guardian…
In Orthodox hymnology, the Virgin Mary is likened to a heavenly ladder that binds heaven and earth together.
God's purpose for man following Adam's fall is his redemption and return to his original state. As a loving Father, he gives to the children of men, mentors in the form of prophets and great leaders, and also assigns his holy angels to assist, guard, protect, and teach them. We meet the angels all along the way of salvation until the very birth of the Redeemer himself. (source: The Holy Angels by Mother Alexandra , Light and Life Publishing Co., 1987)

The choir balcony project reflects this symbolism.

Vera Senchuk
(See Promin Issue December 2017/January 2018 for full details about the artist. Additional Photos on back cover.

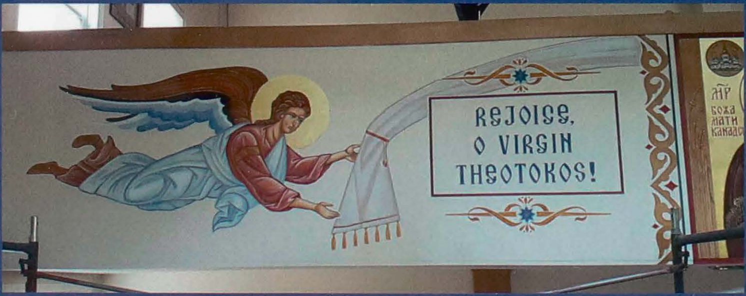
Installation of 2nd phase:

Ably assisted by Holy Trinity Cathedral member Dale Bodnarchuk (husband of Cathy Klopoushak), who always helps far beyond the call of duty, the angels are installed in their place.



The additional iconography seems to tie the interior harmoniously.

Vera Senchuk gilding the halos.



The symbolic number 7 is even reflected in the number of fringes on the towel.

The project came to fruition July 22, 2019

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